

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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A091 – BEANS, CANNED, VEGETARIAN, DRY, BAKED IN SAUCE, LOW-SODIUM, #10



Nutrition Information

Beans, baked, vegetarian with sauce,
canned

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz beans and sauce. One #10 can AP yields about 11½ cups heated vegetarian beans with sauce and provides about 46.2 ¼-cup servings heated vegetarian beans with sauce OR about 23.1 ½-cup servings heated vegetarian beans with sauce. CN Crediting: ¼ cup heated, drained vegetarian beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated vegetarian beans with sauce provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned vegetarian beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned vegetarian beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	¼ cup (64 g)	½ cup (127 g)
Calories	60	119
Protein	3.02 g	6.03 g
Carbohydrate	13.42 g	26.85 g
Dietary Fiber	2.6 g	5.2 g
Sugars	5.05 g	10.11 g
Total Fat	0.23 g	0.47 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.76 mg	1.51 mg
Calcium	22 mg	43 mg
Sodium	70 mg	140 mg
Magnesium	17 mg	34 mg
Potassium	138 mg	284 mg
Vitamin A	69 IU	137 IU
Vitamin A	3 RAE	6 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.10mg	0.19 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat slowly at a low to medium temperature in a steam-jacketed kettle or a steamer to an internal temperature of 135 °F. Stir occasionally to distribute heated beans. Do not overheat because beans can burn and dry out quickly. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none"> • Serve vegetarian beans heated or use in casseroles or in baked beans. • Serve vegetarian beans with pork and chicken.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.